

WHAT IS CLAIMED IS:

1. A high protein, low carbohydrate nougat comprising:  
at least one sugar substitute;  
a protein material; and  
at least one flavoring;  
wherein said at least one sugar substitute comprises between about 19% to about 46% of a nougat by weight, said protein material comprises between about 28% to about 38% of said nougat by weight, and said at least one flavoring comprises between about 7% to about 37% of said nougat by weight.
2. The nougat of claim 1, wherein said at least one sugar substitute comprises a sugar alcohol.
3. The nougat of claim 2, wherein said sugar alcohol comprises one of maltitol or a maltitol syrup.
4. The nougat of claim 1, wherein said protein material comprises one of a whey protein, a whey protein isolate, a hydrolyzed whey protein, or a combination thereof.
5. The nougat of claim 1, wherein said flavoring comprises one of a fruit syrup, fruit essence, dried fruit pieces, vanilla, peanut butter, or a combination thereof.
6. The nougat of claim 1, further comprising inulin or oligofructose, wherein said inulin or oligofructose comprises about 10% of the weight of said sugar substitute.
7. A high protein, low carbohydrate nougat, comprising:  
water;  
a sugar alcohol;  
a high intensity sweetener;  
a fat material;

flavorings; and  
a protein material.

8. The nougat of claim 7, further comprising a bulking agent.

9. A high protein, low carbohydrate nougat, comprising:  
maltitol;  
inulin;  
peanut butter or fruit flavorings; and  
whey protein.

10. A food bar, comprising:  
a high protein, low carbohydrate nougat; and  
at least one dressing;  
wherein said at least one dressing includes one of sugar-free caramel, sugar-free chocolate, fruit, nuts, grains, cereals, or a combination thereof;  
wherein protein comprises about 13% to about 26% of the weight of said food bar.

11. The food bar of claim 10, wherein said food bar comprises about 6 to about 20 grams of protein per 35 gram serving of said food bar.

12. The food bar of claim 10, wherein said food bar comprises about 3 to about 17 grams of carbohydrates per 35 gram serving of said food bar.

13. The food bar of claim 10, wherein said food bar comprises about 2 to about 15 grams of sugar alcohol per 35 gram serving of said food bar.

14. The food bar of claim 10, further comprising vitamins, minerals, or a combination thereof.

15. The food bar of claim 10, further comprising nutraceuticals, botanicals, or a combination thereof.

16. A food bar, comprising:  
a high protein, low carbohydrate nougat; and  
at least one dressing;  
wherein said nougat comprises less than about 3% by weight net effective carbohydrates.

17. A method for making a nougat, comprising:  
mixing water, flavoring, and a sugar alcohol;  
boiling said mixture;  
combining and mixing liquid inulin, vanilla, unsalted butter, and a high intensity sweetener to said boiled mixture; and  
mixing in protein material.

18. The method of claim 17, wherein:  
said protein material comprises whey protein;  
wherein said whey protein is mixed in slowly.

19. The method of claim 17, further comprising  
adding crystalline maltitol after mixing in said protein material.

20. A method for making a nougat, comprising:  
mixing together water, at least one sugar substitute, butter, at least one flavoring, and salt;  
and  
mixing in protein material.

21. The method of claim 20, further comprising mixing in peanut butter before mixing in said protein material.

22. The method of claim 20, further comprising mixing in inulin before mixing in said protein material.

23. The method of claim 20, wherein:  
said protein material comprises whey protein; and  
said whey protein is mixed in slowly.
24. A method of making a snack food, comprising  
forming a high protein, low carbohydrate nougat; and  
incorporating said nougat into a snack food.
25. A method of making a high protein, low carbohydrate food bar, comprising:  
making a high protein, low carbohydrate nougat mixture;  
forming said nougat mixture into at least one bar; and  
enrobing said nougat bar with at least one dressing.
26. The method of claim 25, wherein said forming comprises cold forming.
27. The method of claim 25, wherein said forming comprises hot forming.
28. A high protein, low carbohydrate food bar, comprising:  
a high protein, low carbohydrate nougat layer; and  
a sugar-free chocolate coating surrounding said nougat layer on all sides.
29. The food bar of claim 28, further comprising a sugar-free caramel layer  
situated on top of said nougat layer.
30. The food bar of claim 28, wherein said nougat layer comprises a whipped or a  
lightened nougat.
31. A high protein, low carbohydrate food bar, comprising:  
a high protein, low carbohydrate nougat center;  
a caramel layer surrounding said nougat center on a portion of or on all sides of said  
nougat center; and

wherein said caramel layer includes nuts, fruit pieces, grains, cereals or any combination thereof.

32. A high protein, low carbohydrate food bar, comprising:  
a sugar-free caramel center;  
a high protein, low carbohydrate nougat layer surrounding said caramel center; and  
a sugar-free chocolate coating surrounding said nougat layer.

33. A food bar comprising:  
a high protein, low carbohydrate nougat; and  
at least one dressing;  
wherein said nougat includes fruit pieces, nuts, grain pieces, cereals or a combination thereof.

34. A chocolate truffle, comprising:  
a high protein, low carbohydrate nougat center; and  
a sugar-free chocolate coating surrounding said nougat center.

35. A diet comprising a snack food, wherein said snack food contains a high protein, low carbohydrate nougat.

36. A nutritional supplement comprising a snack food containing a high protein, low carbohydrate nougat.

37. A method of losing weight and increasing health comprising:  
providing a diet that is low in carbohydrates and high in protein;  
wherein said diet includes a snack food containing a high protein, low carbohydrate nougat.